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Irvin Yalom is considered one of the foremost experts on group psychotherapy, and this book delivers much of his expertise in an easy, enjoyable read. I have gleaned some great advice from this book, and I have enjoyed incorporating much of that advice into my own practice. This book is a must read.

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My personal insights are that group therapy can be very useful because (a) humans are by nature social beings and (b) a group is smarter and has access to more insights and experiences than the sum of the individuals.

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Group psychotherapy Wikipedia

Group psychotherapy or group therapy is a form of psychotherapy in which one or more therapists treat a small group of clients together as a group.

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The Theory and Practice of Group Psychotherapy Essay Sample. The aim of group psychotherapy is grasping the clients entire self-and-world construct in order to identify the awareness-constricting and awareness-distorting ways of defining oneself and the world (p. 232).

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